REPORT ON

THE 2015-2016 YOUTH RISK BEHAVIOR SURVEY

FOR STUDENTS IN GRADES 9, 10, 11 AND 12

FOR THE

ARLINGTON PUBLIC SCHOOLS

PREPARED BY:

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TABLE OF CONTENTS

Introduction	Page 1
SURVEY PROCESS	Page 1
Analysis of Data	Page 1
OVERVIEW OF MAJOR FINDINGS	Page 2
Grades 9 through 12	Page 2
APPENDIX	Page 15

Introduction

The Arlington Public Schools contracted with Northeast Health Resources (NHR) to carry out the tabulation and overview analysis of the Youth Risk Behavior Survey (YRBS) which was implemented with students in grades 9 though 12. The survey was primarily based on one developed specifically for high school students at the Centers for Disease Control and Prevention in Atlanta, Georgia. The survey contains 120 questions. Students responded to questions which fall under general categories of risk behaviors including: safety, violence, gambling, stress, internet use, suicide, tobacco use, alcohol use, illegal drug use, HIV/AIDS education, sexual behavior, dietary behavior, physical activity, and helping resources.

Every other year, the Massachusetts Department of Education carries out a Youth Risk Behavior Survey for high school students from a cross-section of school systems in the state. The most recent state-wide survey for which data is currently available was carried out by the Department of Education in the Spring of 2013. The survey was administered to students from 57 randomly selected public high schools in the state.

An overview of the results of the Youth Risk Behavior Survey as well as a comparison with certain of the data from the 2013 Massachusetts YRBS are included herein. It should be noted that several questions in the Arlington YRBS are not part of the Massachusetts YRBS, and therefore no comparative data are available.

SURVEY PROCESS

It was agreed that the Youth Risk Behavior Survey would be distributed to all students in attendance on the survey date from grades 9, 10, 11 and 12. Parents were notified in advance of the survey, and no students were withheld at parental request. The survey was administered on January 27, 2016 simultaneously to all students by classroom teachers during the school day. Teachers were provided with written instructions, which were read to all students before taking the survey.

Once all of the surveys were completed, they were gathered and tabulated. There were a total of 1,051 students who responded to the survey, 308 from grade 9, 260 from grade 10, 231 from grade 11 and 247 from grade 12. There were 562 females and 483 males who responded to the survey. Six students did not indicate their gender and five students did not indicate their grade. Of the 1,265 students enrolled at Arlington High School on the date of administration, 1,051 participated in the survey. This constitutes a participation rate of 83%.

ANALYSIS OF DATA

Frequencies of responses are reported for all items in the survey and cross-tabulations are provided for three demographic characteristics: grade, gender, and grade/gender. The results of the survey, including all cross-tabulations, are presented in percentages under separate cover. Please note that the data results were tabulated in percentages, rounded to the nearest tenth of one percent and not all percentages will total exactly 100 due to rounding and no responses in some cases.

OVERVIEW OF MAJOR FINDINGS

There is much important and relevant information to be found in an analysis of the tabulations of the Youth Risk Behavior Survey as taken by students from the Arlington Public Schools. This is true when one looks at the tabulations of all students taken as a group, and is especially so when one looks at the cross-tabulations by grade and gender.

With students having responded to 120 questions, much can be said about the responses to each of those questions. However, it is not the intention here to discuss the results of each question. Rather, it is the intention of this report to highlight certain of the results and to offer comparisons with the Arlington High School YRBS of 2013 and with data gathered from the implementation of the 2013 Massachusetts Youth Risk Behavior Survey. It is hoped that the following as well as a more detailed analysis of the results of this survey, will assist the Arlington Public Schools and their Health Advisory Committee in their on-going development of health education curriculum.

HIGH SCHOOL - GRADES 9, 10, 11 AND 12

The following also includes comparisons with certain of the data from the 2013 MA YRBS. It should be noted that the report on the 2013 MA YRBS often only provides aggregate data on all students from grades 9 through 12 and not on the results from specific grades. Further, several questions in this survey are not included in the MA YRBS.

SAFETY

- 13.3% of all respondents (16.3% 2013) (18% MA YRBS) report having ridden in a car or other vehicle driven by someone who had been drinking alcohol on at least one occasion during the thirty days prior to the survey. The incidence of this experience was lowest in grade 9 (grade 9 10.1%, grade 10 15.4%, grade 11 13.0%, grade 12 14.6%) and higher among males (females 11.2%, males 15.9%).
- **4.8%** of all respondents (5.2% 2013) (7% MA YRBS) **report having driven a car or other vehicle when they had been drinking alcohol** on at least one occasion during the thirty days prior to the survey. Respondents from grade 12 (6.9%) were more likely to have done so (grade 9 2.9%, grade 10 4.2%, grade 11 4.8%), as were male respondents (females 2.7%, males 7.0%).
- One respondent in eight (13.1%) (13.5% 2013) reports having been threatened, humiliated, or experienced hostile behaviors from others on school property during the school day during the previous twelve months. The incidence of this experience (being bullied) was highest in grade 10 (grade 9 13.3%, grade 10 16.2%, grade 11 11.4%, grade 12 11.0%). There was no variation by gender. Further, 5.5% (6.6% 2013) report having done so to someone else (females 3.6%, males 7.9%).
- 14.1% of all respondents (13.5% 2013) (14% MA YRBS) report having been threatened, humiliated or experienced hostile behaviors from others through electronic communication of any form during the twelve months prior to the survey (grade 9 14.6%, grade 10 15.1%, grade 11 15.2%, grade 12 11.4%). Female respondents (15.7%) report the experience of being cyber-bullied more frequently than males (11.9%). Further, 5.7% (6.4% 2013) report having done so to someone else (females 3.9%, males 7.9%).
- One-quarter (24.7%) of all respondents (21.9% 2013) report having sent or received sexually explicit messages or photos electronically (also called sexting) during the previous twelve months. The incidence of this behavior increased each year by grade (grade 9 17.3%, grade 10 24.4%, grade 11 27.5%, grade 12 31.3%). Males (26.9%) report having done so more frequently than females (22.5%).

VIOLENCE RELATED BEHAVIORS

- 5.0% of all respondents (5.3% 2013) report having carried a weapon such as a gun, knife, or club on school property during the school day on at least one occasion during the thirty days prior to the survey. There was very little variation by grade. Males (7.5%) were more likely to have carried a weapon on school property than were females (2.3%).
- 6.3% of all respondents (4.2% 2013) (4% MA YRBS) report having not gone to school because they felt they would be unsafe at school or on their way to or from school on at least one occasion during the thirty days prior to the survey. The incidence of this behavior was highest in grade 10 (grade 9 − 5.2%, grade 10 − 10.0%, grade 11 − 4.8%, grade 12 − 5.3%) and among females (females − 7.7%, males − 4.6%).
- **3.8%** of all respondents (2.9% 2013) **report having been threatened or injured by someone with a weapon such as a gun, knife, or club on school property during the school day** on at least one occasion during the twelve months prior to the survey (grade 9 2.9%, grade 10 5.0%, grade 11 3.5%, grade 12 3.2%). There was little variation by gender.
- 15.2% of all respondents (15.1% 2013) report having ever been physically abused such as being kicked, punched, burned, or beaten by a parent or other adult who lives with them (grade 9 13.6%, grade 10 17.8%, grade 11 13.9%, grade 12 15.0%). There was no variation by gender.
- 5.0% of all respondents (4.9% 2013) report having ever been physically assaulted by someone they date or have dated. Further, 14.0% (14.9% 2013) report having ever been verbally or emotionally abused by a date.

"During your life, how many times have you been physically assaulted by someone you date or have dated?"

"At least once"

	Grade 9	Grade 10	Grade 11	Grade 12	Total	2013 <u>Total</u>
Female	1.1%	4.3%	6.0%	9.2%	4.8%	4.7%
Male	3.0%	2.5%	4.5%	8.7%	4.8%	5.0%
Total	2.3%	3.9%	5.2%	8.9%	5.0%	4.9%

GAMBLING

• 23.1% of all respondents (20.3% - 2013) report having gambled at least once during the 12 months prior to the survey. (Gambling includes betting on the lottery, bingo, sporting events, casino games, cards, or racing.). The incidence of this behavior was lowest in grade 9 (grade 9 – 16.9%, grade 10 – 25.6%, grade 11 – 23.5%, grade 12 – 26.9%). Male respondents (32.6%) were much more likely to have done so than were females (15.0%). Further, 5.8% of all respondents (5.0% - 2013) report having spent at least one hour gambling online during the previous month (females – 3.0%, males – 8.9%).

STRESS/DEPRESSION

- 41.1% of all respondents (36.0% 2013) report that they feel like they are under too much stress most of the time or always. The incidence of this experience was highest in grades 11 and 12 (grade 9 34.1%, grade 10 38.5%, grade 11 46.9%, grade 12 46.6%). Female respondents (54.2%) report that they feel they are under too much stress most of the time or always much more frequently than males (25.8%).
- When asked "what causes the greatest amount of stress for you", 46.2% of all respondents (53.3% 2013) report it to be "homework". The incidence of this perception was lowest in grade 11 (grade 9 51.7%, grade 10 50.0%, grade 11 39.0%, grade 12 42.6%) and there was little variation by gender. The second most frequent response to this question was "Future planning" at 19.0%.
- 9.8% of all respondents (8.0% 2013) report that they feel hopeless or discouraged about the future most of the time or always. There was no variation by grade. Female respondents (11.4%) report these feelings more frequently than males (7.5%).
- **19.0%** of all respondents (16.9% 2013) **report having hurt him or herself on purpose** (cuts, burns, bruises) at least once during the previous 12 months. The incidence of this behavior was highest in grade 10 (grade 9 20.2%, grade 10 22.3%, grade 11 17.5%, grade 12 14.7%). Female respondents (23.9%) were nearly twice as likely to have hurt themselves on purpose as were males (12.6%).

SUICIDE

- 13.5% of all respondents (12.1% 2013) (12% MA YRBS) report having seriously considered attempting suicide during the twelve months prior to the survey. The incidence of this behavior was highest in grades 10 and 11 (grade 9 9.4%, grade 10 16.3%, grade 11 17.5%, grade 12 11.0%). Females (14.3%) report this behavior slightly more frequently than males (12.1%).
- 7.9% of all respondents (7.4% 2013) (6% MA YRBS) report having actually attempted suicide on at least one occasion during the twelve months prior to the survey. Respondents from grades 9 and 10 report attempting suicide during the previous year slightly more frequently.

"During the past 12 months, how many times did you actually attempt suicide?"

"At least once"

						2013 MA
	Grade 9	Grade 10	Grade 11	Grade 12	Total	YRBS
Female	7.8%	7.2%	6.8%	4.6%	6.6%	7%
Male	9.8%	9.2%	8.1%	7.8%	9.0%	4%
Total	8.8%	8.8%	7.4%	6.1%	7.9%	6%
2013 Tota	d 9.1%	5.9%	7.8%	6.1%	7.4%	

TOBACCO USE

- One respondent in eight (13.2%) (19.6% 2013) reports having ever tried cigarette smoking, even just a puff. The incidence of those having ever tried cigarettes was highest in grade 11 (grade 9 7.5%, grade 10 12.3%, grade 11 17.9%, grade 12 15.9%) (females 11.9%, males 14.2%). Further, 4.1% of all respondents (6.1% 2013) report having tried a cigarette for the first time before the age of 13.
- **7.7%** of all respondents (7.2% 2013) (11% MA YRBS) **report having smoked part or all of a cigarette during the thirty days prior to the survey.** The incidence of any recent cigarette use was highest in grade 12.

"During the past 30 days, did you smoke part or all of a cigarette?"
"Yes"

	Grade 9	Grade 10	<u>Grade 11</u>	Grade 12	Total
Female	8.0%	7.2%	3.4%	7.7%	6.8%
Male	5.3%	5.1%	11.0%	12.3%	8.4%
Total	7.2%	6.6%	7.0%	9.8%	7.7%
2013 Tota	l 3.6%	3.8%	7.8%	13.9%	7.2%

- One respondent in fifteen (6.8%) reports having used cigars/cigarillos, chewing tobacco, or snuff on at least one occasion during the thirty days prior to the survey. The incidence of the recent use of these tobacco products was highest in grade 12 (grade 9 3.3%, grade 10 7.5%, grade 11 6.9%, grade 12 8.9%). Males (9.9%) were more likely to have done so than were females (4.0%).
- 14.1% of all respondents report having ever tried or used an electronic cigarette (e-cigarette). The incidence of this behavior increased each year by grade (grade 9 8.4%, grade 10 10.5%, grade 11 17.9%, grade 12 20.2%) and was much higher among male respondents (females 9.8%, males 18.5%). Further, 5.4% report using an e-cigarette during the previous thirty days.

ALCOHOL USE

35.5% of all respondents (30.4% - 2013) (36% - MA YRBS) report having had at least one drink of alcohol on at least one occasion during the thirty days prior to the survey. The incidence of recent alcohol use was highest in grade 11. There was no variation by gender.

"During the past 30 days, on how many days did you have at least one drink of alcohol?"

"At least once"

		<u>Grade 9</u>	<u>Grade 10</u>	<u>Grade 11</u>	<u> Grade 12</u>	<u>Total</u>
	Female	17.2%	29.9%	53.0%	47.7%	35.0%
	Male	19.5%	27.7%	48.6%	50.4%	36.0%
otal		18.5%	29.3%	50.7%	49.0%	35.5%
	2013 Tota	l 15.8%	19.9%	45.1%	43.0%	30.4%

To

- One respondent in six (17.3%) (15.6% 2013) (19% MA YRBS) reports having had five or more drinks of alcohol in a row (within a couple of hours) on at least one occasion during the thirty days prior to the survey. The incidence of recent binge drinking was highest in grades 11 and 12 (grade 9 - 8.8%, grade 10 - 11.6%, grade 11 - 25.8%, grade 12 - 25.5%). Males (19.4%) were more likely to have done so than were females (15.2%).
- 3.3% of all respondents (3.9% 2013) report having had at least one drink of alcohol during the school day on at least one occasion during the thirty days prior to the survey (grade 9 - 1.6%, grade 10 - 3.5%, grade 11 - 4.4%, grade 12 - 3.3%). The incidence of this behavior was higher among males (females – 1.4%, males – 5.2%).
- 29.0% of all respondents (20.2% 2013) report having attended parties held in homes in Arlington where alcohol use by teens is allowed, either occasionally or frequently during the 12 months prior to the survey. The incidence of this experience increased each year by grade (grade 9 - 18.5%, grade 10 - 23.6%, grade 11 - 32.3%, grade 12 - 44.9%) and was higher among males (females -24.9%, males -33.7%).
- When asked their perception about how many students at their grade level in their school had used alcohol during the previous month, 10.9% believed that over threequarters of their peers had done so and another 31.4% (total of 42.3%) believed that over half had done so. In fact, 35.5% of all respondents actually report having used alcohol during the previous month.

MARIJUANA USE

• One respondent in five (20.9%) (16.1% - 2013) (25% - MA YRBS) reports having used marijuana at least once during the thirty days prior to the survey. Further, 6.0% (5.6% - 2013) report having used marijuana on at least one occasion during the thirty days prior to the survey on school property during the school day.

"During the past 30 days, how many times did you use marijuana?"

"At least once"

	Grade 9	Grade 10	Grade 11	Grade 12	Total
Female	6.4%	18.2%	21.4%	19.8%	15.6%
Male	11.3%	24.1%	34.3%	38.3%	26.7%
Total	8.8%	21.5%	27.4%	28.5%	20.9%
2013 Tota	l 7.2%	11.6%	24.2%	21.8%	16.1%

OTHER ILLEGAL DRUG USE

- **6.4%** all respondents (8.5% 2013) **report having ever sniffed glue, or breathed the contents of spray cans, or inhaled any paints or sprays to get high.** There was very little variation by grade. Males (9.0%) report doing so more frequently than females (4.1%).
- 6.5% all respondents (7.5% 2013) report having ever taken an over the counter drug such as a decongestant or cough medicine to get high. The incidence of this behavior was highest in grade 11 (grade 9 4.9%, grade 10 7.8%, grade 11 8.8%, grade 12 4.1%). There was little variation by gender.
- 6.6% all respondents (10.4% 2013) report having used prescription drugs not prescribed to them during the previous 30 days (grade 9 5.5%, grade 10 8.1%, grade 11 6.6%, grade 12 5.7%). The incidence of this behavior was higher among male respondents (females 4.5%, males 9.0%).
- 6.8% all respondents report having ever used one or more prescription opiod medications not prescribed to them to get high. The incidence of this behavior increased slightly each year by grade (grade 9 4.9%, grade 10 6.2%, grade 11 7.9%, grade 12 8.2%) and was higher among males (females 4.8%, males 8.6%).
- 12.6% of all respondents (14.7% 2013) report having been offered, sold, or given an illegal drug on school property during the school day on at least one occasion during the twelve months prior to the survey. The incidence of this experience was highest in grade 10 (grade 9 10.1%, grade 10 17.5%, grade 11 13.3%, grade 12 9.4%). Male respondents (16.8%) were more likely to have been offered, sold, or given an illegal drug on school property than were females (8.8%).

HIV/AIDS EDUCATION

• 46.1% of all respondents (46.6% - 2013) report having not had any conversation at all with their parents or other adults in their family about sexuality or ways to prevent HIV infection, other sexually transmitted diseases, or pregnancy during the 12 months prior to the survey. Respondents from grade 12 report this experience most frequently (grade 9 - 37.7%, grade 10 - 48.6%, grade 11 - 44.7%, grade 12 - 55.3%). Male respondents (51.4%) report not having had such conversations more frequently than females (41.7%).

SEXUAL BEHAVIOR

• One-fifth (20.9%) of all respondents (21.9% - 2013) (38% - MA YRBS) report having ever had sexual intercourse. And, 2.4% (4.2% - 2013) (3% - MA YRBS) report having had sexual intercourse for the first time before the age of 13.

"Have you ever had sexual intercourse?"
"Yes"

	Grade 9	Grade 10	<u> Grade 11</u>	Grade 12	Total
Female	8.1%	13.9%	21.7%	30.5%	17.6%
Male	14.5%	20.3%	28.2%	36.3%	24.6%
Total	11.1%	17.1%	24.8%	33.2%	20.9%

- **4.4%** of all respondents (4.5% 2013) (9% MA YRBS) **report having had sexual intercourse with four or more partners** during their lives. The incidence of this behavior increased each year by grade (grade 9 1.9%, grade 10 4.7%, grade 11 5.3%, grade 12 6.1%). Males (5.9%) report having had four or more sexual partners more frequently than females (3.2%).
- 13.6% of all respondents (13.6% 2013) (28% MA YRBS) report having had sexual intercourse on at least one occasion during the three months prior to the survey (grade 9 6.9%, grade 10 11.2%, grade 11 15.8%, grade 12 22.3%) (females 12.1%, males 14.8%).
- **30.1%** of all respondents (31.3% 2013) **report having ever participated in oral sex, either given or received.** The incidence of this behavior increased each year by grade (grade 9 16.3%, grade 10 25.0%, grade 11 37.5%, grade 12 45.4%) and was higher among males (females 26.7%, males 33.9%).
- **6.0%** of all respondents (6.5% 2013) **report that they drank alcohol or used other drugs before having sexual intercourse the last time**. The incidence of this experience increased each year by grade (grade 9 2.3%, grade 10 5.8%, grade 11 7.9%, grade 12 8.5%). Male respondents (7.3%) report having done so more frequently than female respondents (4.7%).

DIETARY BEHAVIOR

- 16.7% of all respondents (16.9% 2013) report that they are concerned about their weight either most of the time or always. The incidence of this concern was highest in grade 12 (grade 9 15.4%, grade 10 15.1%, grade 11 18.0%, grade 12 19.1%). Female respondents (24.7%) report being concerned about their weight much more frequently than males (6.9%).
- One-quarter (25.0%) of all respondents (24.9% 2013) report that they care about eating in a healthy way either <u>not at all</u> or <u>hardly ever</u>. There was little variation by grade. Males report this perception of themselves most frequently (females 20.0%, males 31.2%).
- During the thirty days prior to the survey, in order to lose weight or to keep from gaining weight:
 - **2.9%** of all respondents (2.5% 2013) **report having taken diet pills, powders, or liquids without a doctor's advice**. (females 3.1%, males 2.5%)
 - **4.8%** of all respondents (4.5% 2013) (4% MA YRBS) **report** having vomited or taken laxatives. (females 5.1%, males 4.2%)
 - **8.5%** of all respondents (6.3% 2013) (10% MA YRBS) **report having gone without eating for 24 hours or more (also called fasting)**. (females 11.9%, males 4.0%)

PHYSICAL ACTIVITY

- 56.8% of all respondents (54.7% 2013) report having exercised or participated in sports activities for at least 20 minutes on at least three days during the week prior to the survey. The incidence of this behavior was highest in grade 9 (grade 9 63.8%, grade 10 60.5%, grade 11 49.3%, grade 12 50.8%). Male respondents (63.5%) were more likely to have exercised regularly than were females (50.8%).
- **49.3%** of all respondents (42.1% 2013) **report that they spend 3 hours or more on an average school day in front of a screen (i.e., computer, video games, television) not including homework.** The incidence of this behavior was lowest in grade 12 (grade 9 48.8%, grade 10 50.6%, grade 11 51.3%, grade 12 46.2%). There was no variation by gender.

HELPING RESOURCES

- Over-half (53.0%) of all respondents (50.3% 2013) report that there is at least one adult at Arlington High School whom they can trust with confidential issues. The incidence of this perception increased each year by grade (grade 9 44.4%, grade 10 48.8%, grade 11 52.5%, grade 12 69.2%) and was slightly higher among males (females 51.0%, males 55.5%).
- **86.7%** of all respondents (87.6% 2013) **report that they have someone in their life who really listens to them**. There was little variation by grade or gender.

APPENDIX

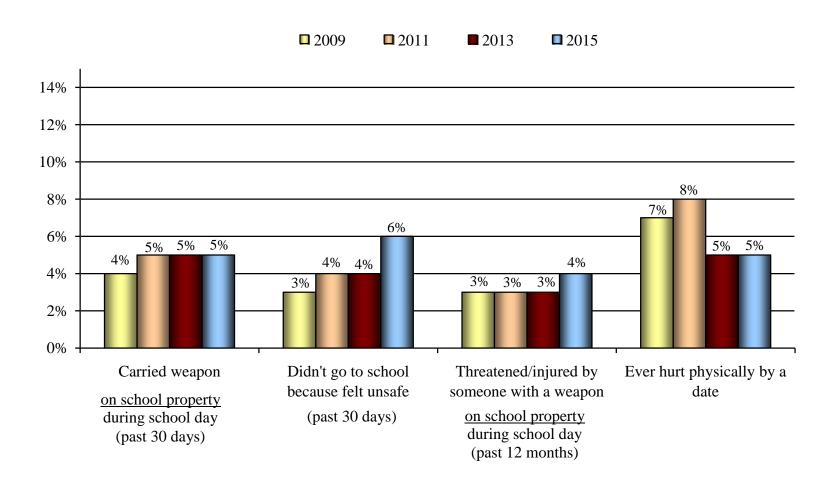
THE 2015 YOUTH RISK BEHAVIOR SURVEY

FOR THE

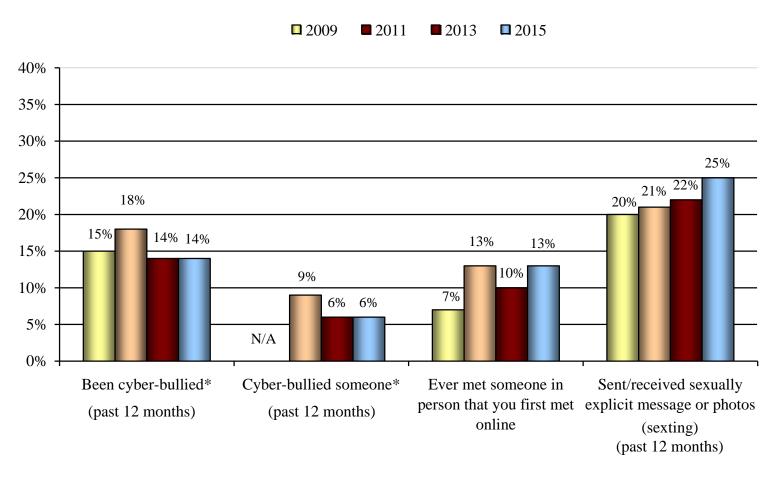
ARLINGTON PUBLIC SCHOOLS

GRADES 9, 10, 11, AND 12

VIOLENCE RELATED BEHAVIORS

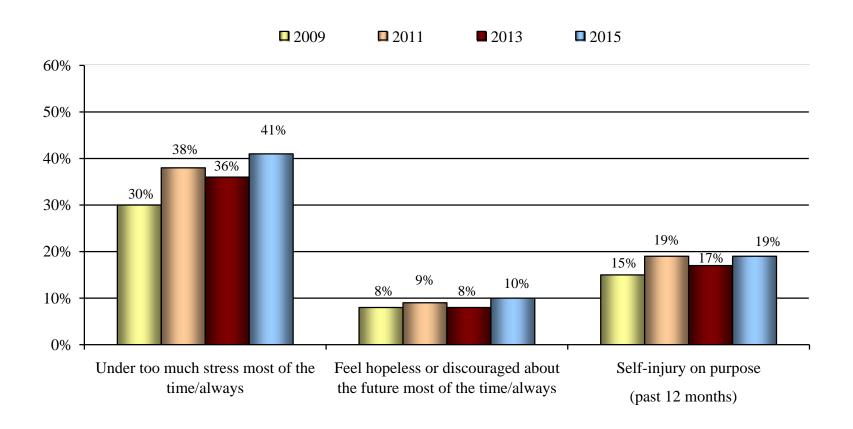


INTERNET SAFETY

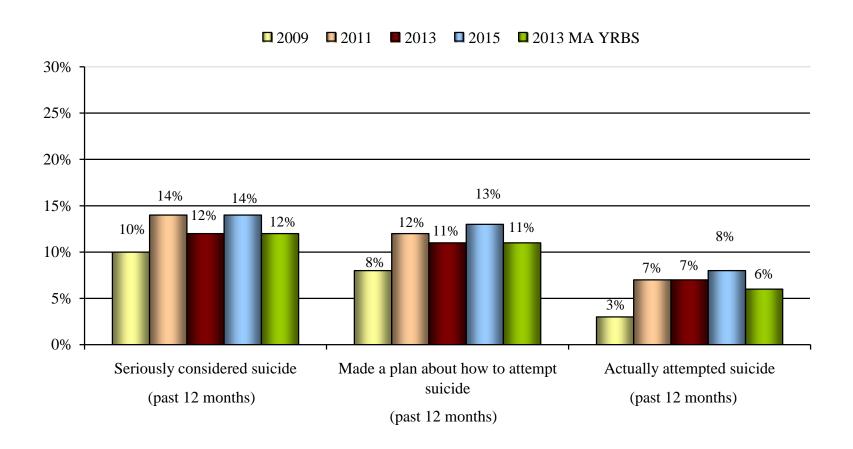


^{*} Threatened, humiliated or experienced hostile behaviors from others thru electronic communication

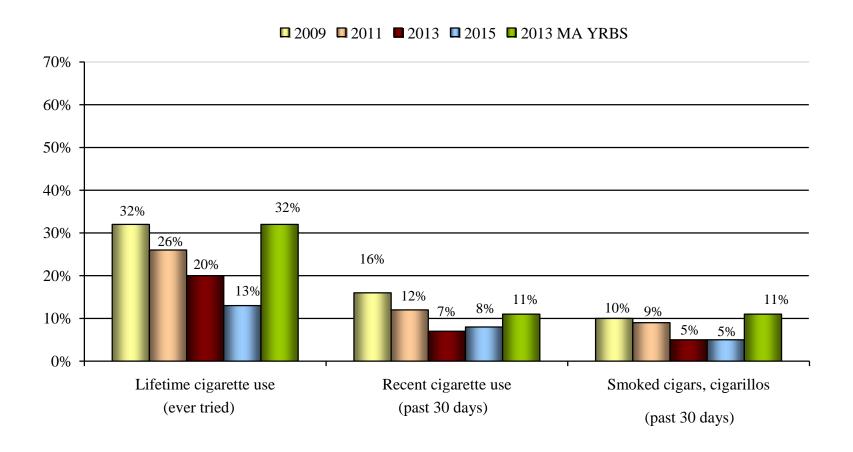
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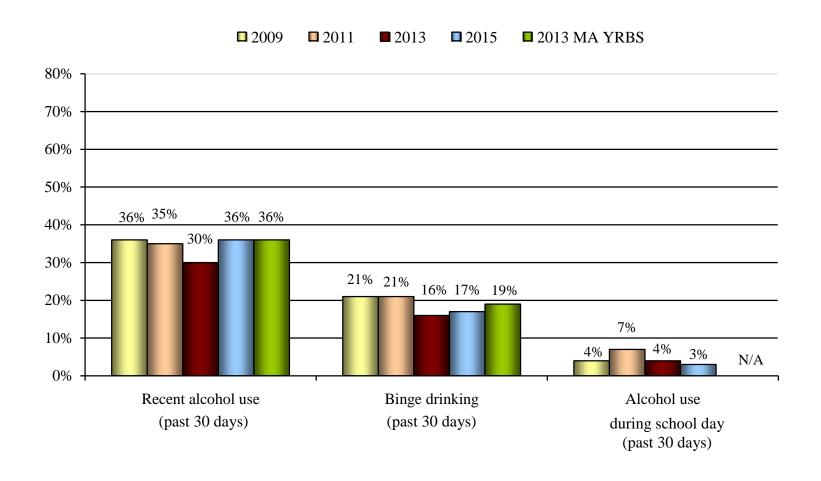
SUICIDE



TOBACCO USE



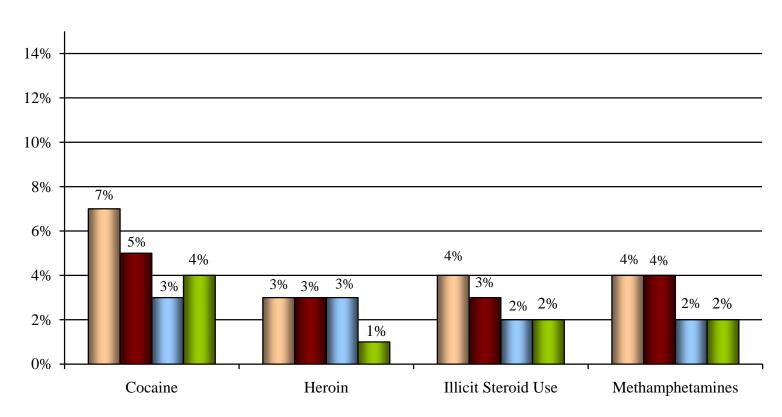
ALCOHOL USE



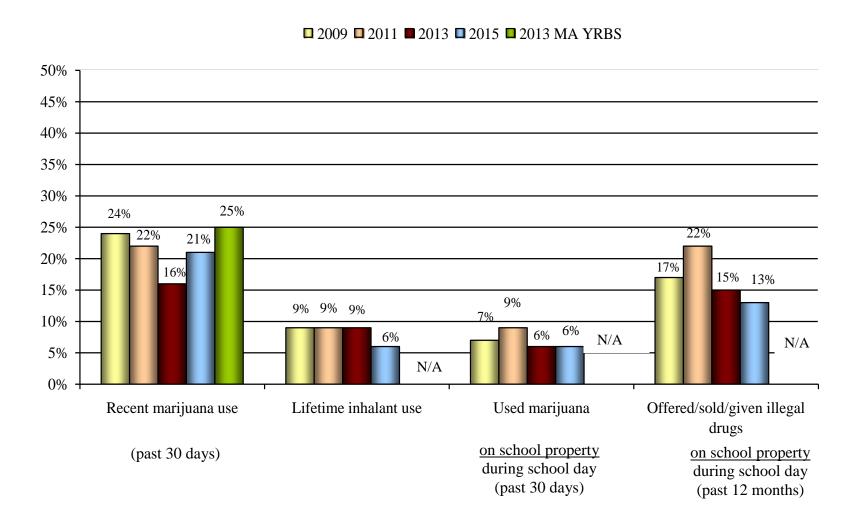
ILLEGAL DRUG USE

Lifetime use (ever used or tried)



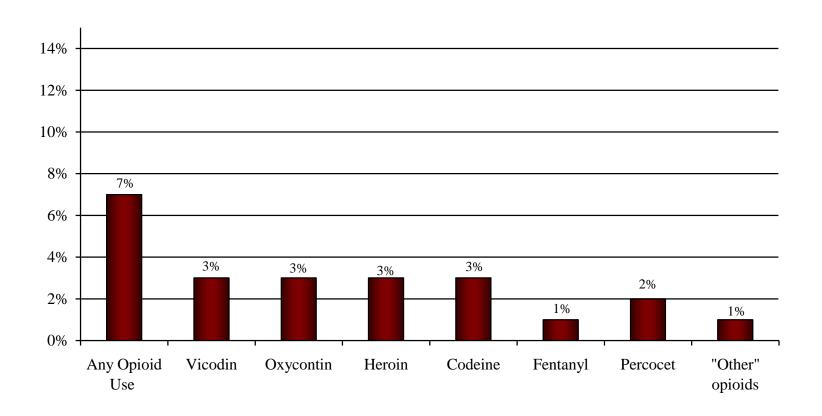


ILLEGAL DRUG USE



ILLICIT OPIOID USE (NOT PRESCRIBED TO YOU)

Lifetime use (ever used or tried to get high)



SEXUAL BEHAVIOR

